



**December
2016**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

LYNN COUNCIL ON AGING SENIOR CENTER

From the Director's Desk

Forget the worries of the world and celebrate your holiday with a little fun. Hope you find simple peace creating a calm festival of positiveness. Take care of each other. Purposefully, maintain a healthy spirit. The calendar is packed with an assortment of holiday activities that we hope you will enjoy making the holidays easier and a little bit cheerful. Let us know if there's a homebound elder or someone who's alone who would welcome a phone call.

Our trips this month are geared towards shopping in hopes to assist you with your shopping needs. If you're not a big shopper, come along with us just to see the decorations, hear the holiday music and be amongst friends.

Come see us! Come to the center and share your most memorable favorite holiday. We're looking forward to seeing you, the cocoa is on!

Happy Holidays and Happy New Year!
~Stacey Minchello



From Your Mayor

Hope you are enjoying this festive, joyous time of the year.

We have a number of holiday events taking place throughout the city this month. The Greater Salem Ballet Company will be performing *The Nutcracker* on Dec. 3. There will be two shows—one at 1 p.m. and the other at 5 p.m.—for all to enjoy. It certainly will be a kick-off to the season. Next, on Dec. 4, will be a performance by The Mavericks, a unique band fusing traditional country with traditional rock & roll. We will also have Melissa Etheridge coming to the auditorium as part of her holiday tour on Dec. 8, followed by The Irish Tenors on Dec. 10. For information and tickets, please call the Box Office at 781-581-2971.

As always, we will have our annual holiday tree lighting December 6th at 5 p.m. in Central Square, and I would encourage you to stop in to LynnArts, which will be featuring the works of local artists for sale.

Hopefully, we will have a mild winter with snowfall, but in the event of a snow emergency, information will be posted on the city website and also broadcast on the radio and local cable channels: WESX AM 1230, WBQQ 104.9 FM, Comcast Channel 3, and Verizon Channels 28 and 37. Please be careful and avoid any icy walkways, parking lots and driveways. We will do our best to keep the roadways and sidewalks clear for you.

For everyone celebrating Christmas, Hanukkah or Kwanzaa, I wish you a wonderful holiday with your loved ones.

Best wishes,
Mayor Judith Flanagan Kennedy

Dignity
HEALTHCARE

**CUFFE-McGINN
FUNERAL HOME**

157 Maple Street • Lynn, MA 01904
Tel: **781-599-3901**
Fax: 781-598-2143
www.cuffemcginn.com

Member of
Arlwood Service
Corp. Inc.

Element Care
Improving Health. Enriching Lives.

- Primary and Specialty Medical Care
- Adult Day Center • In-home Support and Care

9 Buffum St., 62 Market St., 20 School St., 37 Friend St.,
Lynn, MA
1-877-803-5564

BANECARE
A Division of Bancare

**ABBOTT HOUSE
and THE SWAMPSCOTT WING, Lynn**

www.banecare.com • 866-747-BANECARE

Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Rosa Paulino-Diaz
Activities Assistant ext. 625

Pam Brito
Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers
Lester McCLain
Minette Lall
Albert DiVirgilio
Edmund Brown
Charles Mitchell
Frances Taggart
Pearl Brown
Marlene Vasi Eddy
Frank LaMacchia

President
Clerk
Vice President

Pam Edwards
Joseph Bryson

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble
Louis DeSouza Sr.
Deb Small
George Harvey
Roberta Abrams

President
Vice President
Treasurer
Recording Secretary
Membership Secretary

Next FRIENDS
Meeting,
Jan 26th @ 10am

Thank you!

Thank you Davida Colton, Isaura Jakimczyk,
Alba Rodriguez and "Fifi" for your hard work and time
collectively in creating a beautiful crocheted and knitted
Afghan for our Veteran's Day raffle.



DECEMBER HAPPENINGS!

- Thurs, Dec 1st Field Trip: Sea Festival of Trees , Salisbury 3pm - 9pm
\$8 includes bus and festival ticket —supper on own at the Texas Road House, Danvers
- Thurs, Dec 1st Podiatry Appointments 10 am - 12 pm
- Mon, Dec 5th Shopping! Wrentham Outlets \$2 7:30 am - 3:30 pm
Breakfast at Cracker Barrel on own, shopping until 2pm
- Tues, Dec 6th Birthday Party Karaoke! Holiday Sing a Long 11:30 am – 1:00 pm
- Weds, Dec 7th “When Winter Starts to Brew, You’ll Know What to Do” 9:30 am
Presented by NSCC Occupational Therapy Assistant Student
- Thurs, Dec 8th Veterans Coffee Hour with Tom Moran 1:00 pm – 2:00 pm
Resource Library
- Thurs, Dec 8th Ice Cream Social! Friends of LCOA \$.50 1pm
- Mon, Dec 12th Shopping! Wal Mart, Danvers, lunch on own Friendly’s \$2 9:30 am - 2:30 pm
- WEDS, DEC 14th ANNUAL HOLIDAY PARTY pre-sold ticketed event
Doors open at 10 am 11 am prompt start Meal served first
Empty seats will be sold to a standby list
DENISE DOUCETTE performing your holiday favorites
- Fri, Dec 16th BROWN BAG Program sponsored 10 am – 12pm
by the BOSTON FOOD BANK
- Mon, Dec 19th BINGO BONANZA \$11 per person 12 games 9 cards- paper sheets only
One package per person Big Prizes!
1pm start 11:30 am card sales until 12:50pm
- Tues, Dec 20th Christmas Cookies! Decorate a cookie Share some stories 1:45 pm
Brought to you by Life Care of the North Shore
- Tues, Dec 20th LATINO DANCE PARTY RSVP required to Rosa 4pm—6pm
Share some food and dance the night away with friends!
- Weds, Dec 21st MSAC Holiday Chinese Luncheon \$12 new member \$7 member
Call 781-864-2596 Wall Plaza Community Room 10:30 am
- Weds, Dec 21st Cocoa , Crafts, & Cards with Christy! 11 am—1pm
- Weds, Dec 21st North Shore Songsters Holiday Show 2 pm—1pm
- Thurs, Dec 22nd Shopping! Savers & Kmart, Danvers \$2 9:30 am—2:30 pm
Lunch on own at Kelly’s
- Mon, Dec 26th Happy Holidays! Senior Center is closed
- Fri, Dec 30th Happy New Year’s Eve! Countdown to 12 noon
Party with us at 11 am for hor duerves and sparkling cider as we ring in 2017!
Brought to you by Jesmond Nursing Home, Nahant - thank you!
- Mon, Jan 2nd New Year’s Holiday Center is closed
- Tues, Jan 3rd Hearing Clinic – walk ins 10 am -11 am
- Thurs, Jan 5th Podiatry Appointments 10 am – 12 pm

Rod Deland, Proprietor
Complete Diagnostics:
STARTER
ALTERNATOR
ALL BRAKES
All Types of Repair

R & R American
AUTOMOTIVE DIAGNOSTIC CONSULTANT
Specializing in Electronic Tune-ups
visit our website: www.rramerican.com
109 Lynnfield Street • Lynn, Massachusetts 01904

(781) 595-9415 • Fax (781) 599-6994

An Affordable Assisted Living Senior Residence
Call Us For Information


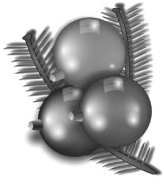
Harborlight House
1 Mountman Square
Beverly, MA 01915
(978) 927-2121

Senior Homecare By Angels
Select Your Caregiver.

781-395-0023
America's Choice in Homecare
Visiting Angels

Remain Comfortable in your OWN HOME!
Up to 24 Hour Care
Meal Preparation
Light Housekeeping
Errands/Shopping
Respite Care for Families
Rewarding Companionship

DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM (more than 500mg.per serving).MEALS MARKED W/ ** ARE HIGH SODIUM (more than 1200mg.per meal).</p>	<p>NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL, INCLUDING MILK,BREAD, MARGARINE AND DESSERT.</p>		
<p>5</p> <p>Hamburger/roll/ketchup (480)</p> <p>Mashed potato(107) Calories-722 Sodium-937</p> <p>ALTERNATIVE</p> <p>Ravioli/marinara sauce(577) *</p> <p>Glazed carrots(43) Calories-600 Sodium-1100</p>	<p>6</p> <p>Pork rib-b-que/sauce(619)* Soup/crackers(180) Calories-635 Sodium-1185</p> <p>ALTERNATIVE</p> <p>Black bean burger/roll(490) Soup,Sweet potato(104) Calories-670 Sodium-1005</p>	<p>7</p> <p>Turkey/gravy/cran.sauce(485) Stuffing(212) Squash(20) Calories(700) Sodium-983</p> <p>ALTERNATIVE</p> <p>Egg and cheese croissant(410) Roasted potato(121) Calories-615 Sodium-768</p>	<p>8</p> <p>Lasagna/white sauce(400) Roasted zucchini(15) Calories(678) Sodium-921</p> <p>ALTERNATIVE</p> <p>Baked pork(108) Plantains(16) Calories-800 Sodium-630</p>	<p>9</p> <p>Chicken cacciatore(105) Rice(199) Soup(160) Calories(625) Sodium(810)</p> <p>ALTERNATIVE</p> <p>Soup/crackers(160) Beef with rice(228) Calories-660 Sodium-741</p>
<p>12</p> <p>Chicken nuggets/honey Mustard dip(410),soup(185) Calories-868 Sodium-1041</p> <p>ALTERNATIVE</p> <p>Soup,pork/ BBQ sauce(445) Calories-800 Sodium-1076</p>	<p>13</p> <p>Stuffed shells/tomato sauce(584)*, soup(160) Calories-676 Sodium-1188</p> <p>ALTERNATIVE</p> <p>Soup,baked chicken(150) Calories-763 Sodium-800</p>	<p>14</p> <p><u>HOLIDAY PARTY</u></p> 	<p>15</p> <p>HOLIDAY SPECIAL</p> <p>Roasted lamb/gravy Roasted red bliss potato Garlic green beans Cheese cake Dinner roll</p> <p>Calories-777 Sodium-978</p>	<p>16</p> <p>Beef stew(117) Spinach(109) Calories(652) Sodium-500</p> <p>ALTERNATIVE</p> <p>Fried fish(220) Calories-702 Sodium-621</p>
<p>19</p> <p>Turkey divan/rotini(173) Soup/crackers(185) Calories-676 Sodium-718</p> <p>ALTERNATIVE</p> <p>Soup, "chicharrones"(pork)-310</p> <p>Calories-842 Sodium-1000</p>	<p>20</p> <p>Beef chili(539)* Baked potato(4) Calories-600 Sodium-924</p> <p>ALTERNATIVE</p> <p>Broccoli cheddar quiche (325) Calories-655 Sodium-774</p>	<p>21</p> <p>Pork/apples & onions(161) Sweet potato(70) Calories-688 Sodium-770</p> <p>ALTERNATIVE</p> <p>Honey mustard chicken(380) Calories-700 Sodium-988</p>	<p>22</p> <p>Herbed chicken(325) Soup/crackers(180) Calories-713 Sodium-911</p> <p>ALTERNATIVE</p> <p>Beef/chimichurri sauce(140) Calories-878 Sodium-623</p>	<p>23</p> <p>Veggie burger/sauce(539)* Mashed potato(107) Calories-620 Sodium-1158</p> <p>ALTERNATIVE</p> <p>Chicken stew(190) Calories-690 Sodium-600</p>
<p>26</p> <p><u>HOLIDAY</u></p> <p>NO MEAL SERVICE</p>	<p>27</p> <p>Chicken/orange glaze(323) Rice pilaf(93) Soup(160) Calories-712 Sodium-1018</p> <p>ALTERNATIVE</p> <p>Soup,stewed beef(100) Calories-758 Sodium-700</p>	<p>28</p> <p>Meatloaf/gravy(370) Sweet potato(70) Soup(147) Calories-900 Sodium-971</p> <p>ALTERNATIVE</p> <p>Soup,vegetable enchilada(290) Calories-630 Sodium-996</p>	<p>29</p> <p>Hot dog/roll/mustard/ relish(946)*, beans(206) Calories-700 Sodium-1311**</p> <p>ALTERNATIVE</p> <p>Chicken/yellow rice(470) Calories-640 Sodium-936</p>	<p>30</p> <p>Potato crunch fish(367) Steamed potato(6) Calories-713 Sodium -656</p> <p>ALTERNATIVE</p> <p>Cheese pizza(340) Calories-615 Sodium-682</p>

SENIOR CENTER ACTIVITIES • DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-10:30 COLORING Group
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
1:00-2:45 BINGO	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:45-12:30 LUNCHEON
	10:45-12:30 LUNCHEON INFO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	11:30-12:15 EXERCISE CLASS
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	1:00-2:45 BINGO
	12:00-2:45 POKENO	12:30 – 1:30 IN2L VIDEO EXERCISE	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
	1:30 BILLIARDS CLUB	1:00 – 3:00 MOVIE	1:00 FREE ZUMBA CLASS	
		1:00-3:00 'PENNY ANTE' POKER	2:00—3:00 HORSE RACE GAME	

Skilled Nursing
Short-Term Rehabilitation
Sub-Acute Care | Respite Care



Distinctly Different
781-592-9667
111 Birch St.
Lynn, MA 01902
LCCA.com

of the North Shore
Joint Commission accredited
LifeCareCenteroftheNorthShore.com

OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



781-581-2051



Hatch Hearing Aid Center

*"You Should Hear
What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
781.599.1902 • 1.888.HEARITE (432.7483)

**YOUR
AD
HERE

CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

**HARBOR
90FT
APARTMENTS**

CASINO TRIPS

Departs from Lynn Senior Center

Plainridge Casino \$20
8:30 am - 5:30 pm
Weds, March 22, 2017

\$15 Free slot play and if you're a new rewards member, you receive a U-Spin for a chance to win \$5 - \$500.

- * Limited seating
- * Pre-paid reservation required
- * Must have 40 reservations by March 10th.

Leave Lynn Senior Center promptly at 8:30 am and leave casino promptly at 3:45 pm.

Mohegan Sun Casino \$28
6:30 a.m. - 6:30 p.m.
April 18th
Package TBD

Foxwoods Casino \$28
6:30 a.m. - 6:30 p.m.
May 16th

\$10 Free Slot Play
\$10 Food coupon or free meal at the buffet

**PLEASE NOTE EARLIER
DEPARTURE TIME IS AN
ATTEMPT TO BEAT BOSTON TRAFFIC**



Mo-



MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Dec 7 th	The Christmas Candle	2013	PG	100 mins
Dec 14 th	NO MOVIE DUE TO HOLIDAY PARTY			
Dec 21 st	Christmas in Connecticut	1945	NR	101 mins
Dec 28 th	P.S. I Love You	2007	PG-13	127 mins



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



The Kiosk for Living Well

Is it time to get serious about your health? Not everyone's prepared to work on improving their health during the big holiday month, but if you are, and if you're hoping to keep an eye on good habits in December, we've got options for you at *The Kiosk for Living Well*.

Our bilingual Healthy Hearts nurses will be at The Kiosk on **Thursday December 22nd** between 9:30 and 11:30. They can recommend strategies to eat mindfully this holiday season to avoid putting on extra pounds -- if you're hoping to do that. No appointment necessary!

Sylvia our Fall Prevention specialist will demonstrate ways to focus on your strength and balance during the busy season. If you haven't done a balance assessment test or if you'd like a refresher, please come by! Sylvia will be at the Kiosk on **Thursday December 1st** from 9:00-12:00.

The Kiosk is open every Tuesday and Thursday from 10:00 – Noon.

Kiosk Exercise classes with Cheryl and Mayra take place in the activities room every Tuesday and Wednesday from 12:30 to 1:30.

Happy Holidays!

Medicare's Annual Open Enrollment

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to read and save this information because it explains the changes in your plan for 2017.

During Medicare's Annual Open Enrollment (October 15 – December 7), you will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one. SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) Counselors can help you understand your plan changes, as well as explain other options you may have. **Appointments are limited so make your appointment soon.** Please bring your Medicare card and list of prescription medications with you to your appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact 781-599-0110. You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call as soon as possible.



Best Home Care
WE MAKE IT HAPPEN

Call for a free Consultation Or Visit us online

Home Health Services
45 Albion Street • Wakefield MA 01880 • 781-224-3600
North Shore Offices Phone: 978-774-2005 • 978-777-6009
www.BestMakesItHappen.com



Place Your Ad

Wellness Watch December 2016

With holiday season in full swing it is a very exciting time for many people. On the other hand, there are people who dread the holiday season for all of the stress, anxiety and difficult emotions it brings. These emotions are brought on by the contrast of everyone else's happiness in combination with reminders of loss, loneliness and mental health issues. Negative feelings can lead to further isolation and make depression symptoms worse. On top of everything, the lack of sunshine and seasonal depression can also add to negative feelings. Mental wellness is very important to one's quality of life. Here are a few ways to manage grief and negative emotions during the holidays.

1. Avoid unrealistic expectations

By comparing yourself to everyone else or trying to create a perfect holiday season, you may be putting yourself at risk for bigger disappointment. Families can cause a lot of stress, or loss of a family member can make someone want everything else to work out. When things don't go as planned, negative emotions arise. One way to combat this is to remember what you do have and what you are thankful for. Looking to the family and friends that support you and also that the new year is right around the corner.

2. Don't give in to holiday pressures

Giving in to all of the holiday events can be overwhelming. Make sure to evaluate your own limits and what you can handle. If an event or act of the holidays is going to make you feel worse, don't feel like you have to participate.

3. Taking care of yourself

The holidays tend to be filled with lots of food, drinks and no time for exercise. However, it is important to continue health habits. It is ok to eat the delicious food, but in moderation and practice portion control. Try your best not to get out of routine with your exercise. Physical activity done as little as 10 minutes at a time can help to boost your mood and help you to feel better. Being active is important for your physical and mental health. It can help to be outside in nature. Going for a walk in Lynn Woods or go to a local park. The fresh air has great benefits to your health! Alcohol can be very tempting during this time of year, but it can also make symptoms of anxiety and depression worse.

4. Volunteer

Getting yourself out of the house can help to avoid loneliness and isolation. By giving back and helping others, it can help you to feel better too. Some examples include finding a local food shelter, senior center, helping to wrap gifts or simply helping out a friend or family member.

5. Talk to your health care provider

If you are feeling sad for a long time, contact your health care provider. Talking to someone about how you are feeling can provide you the help you need. If suicidal thoughts arise, please call 911 or call the National Suicide Prevention Lifeline at 1-800-273-8255.

Kelsey Magnuson - Wellness Program Coordinator

Senior Tax Abatement Work Off Program

Applicants for the Senior Citizen Property Tax Work- Off Abatement must be 60 years of age as of July 1st and a homeowner or spouse of a homeowner in the City of Lynn for a minimum of 5 years. Income eligibility is based on the state Circuit Breaker guidelines: below \$56,000 for single homeowner; \$84,000 for couple. Copy of income tax return and a picture ID is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing. City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program. C.O.R.I check, Privacy Statement, and Confidentiality Agreement required. Applications are available online at www.ci.lynn.ma.us and at the senior center and must be filed at the Mayor's Office no later than January 31st of the fiscal year to participate in the program. Maximum annual abatement of property taxes shall not exceed \$600 for 60 hours. Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600. Abatement is applied to the first tax bill of the following year. Applicants must apply and be subject to the lottery process annually for participation in the program. **Questions? Call Pam at 781-586-8618.**

DECEMBER

H O L L Y E S I O U Q R U T
 I T S I S A H F I D N E S E
 A S O A N C I T R N G F O R
 D J O Y M T I A A O T R H L
 E I G I F T C D N E E K E O
 C C F E T H S O E T R V S E
 E I W C E L O I N R O W S V
 M S E A F Y F I R H M N X W
 B U K E N O W A S H O M J L
 E M W P M J G K M W C F C I
 R J A I T T E S N I O P T G
 F I R E P L A C E J L R C H
 T A A Z N A W K K K E Y R T
 H A K K U N A H H E R W B S

Card
 Christmas
 Cider
 December
 Family
 Fireplace
 Gift



Hanukkah
 Holly
 Joy
 Kwanzaa
 Lights
 Music
 Peace



Poinsettia
 Shovel
 Snow
 Tree
 Turquoise
 Winter
 Wreath

Happy Hanukkah! Merry Christmas! Happy Kwanza!



ANNUAL HOLIDAY PARTY
WEDS, DECEMBER 14th, 2016
11:00 am (Doors open at 10 am)

Tickets Presold \$5 until supplies last

Stand by seats will be filled at 11am day of

Entertainment by Denise Doucette

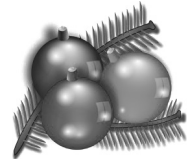
Catered by Affairs Catering

Event Sponsors

Senior Whole Health

Ideal Home Care

FRIENDS of Lynn Council on Aging



Happy New Year! 2017

DANCE PARTY 11AM
Friday, December 30th, 2016
"DJ ZOMBIE"

Countdown to 12 noon

Sponsored by Jesmond Nursing and Rehabilitation Center, Nahant

Hor duerves + Sparkling cide



RMV Near Me

The Registry of Motor Vehicles is partnering with area Councils on Aging to provide five of the most common transactions at COA sites to hopefully decrease wait times for elders at the registry. The Lynn COA will be one of those sites. Transactions are license renewals (for licensed drivers under 75), registration renewals, change of address, duplicate license or registration, and how to report a lost or stolen disability placard and how to request a replacement. If you need assistance with one of these transactions, please stop by the GLSS Kiosk for Living Well on Tuesdays and Thursdays between 10 am and 12 pm. at the Lynn Senior Center. You must have a valid credit card or checking account to process any online transaction; No cash will be accepted. The RMV is a secured online site. The LCOA requires participants to sign a waiver release to perform this transaction since we are handling your personal info in your presence. Please be advise that staff/volunteers may decline to process your transaction with the Registry.

For -additional information, call Sandra at the center- 781-586-8518.

Services available in Spanish.

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis

Thank you Inky & Kiki Chaiton
In honor of GLSS' 40th Anniversary



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
☐
☐

Person's Name: _____

Send card to: _____

Donated by: _____



An Affordable Senior Residence

**1 Monument Square
Beverly, MA 01915**

Call us for information (978) 927-2121



Let our team of compassionate caregivers help keep you safe at home. From homemaking to skilled nursing, when it comes to home care trust the professionals.

**A Home
BC Healthcare[®]**
Professionals

781-245-1880

www.abchhp.com

All services supervised by Registered Nurses.

HELENE M. AHERN, F.S.C.

Catholic Cemetery Assoc.
Archdiocese of Boston INC

226 North St., Salem, MA 01970

C: 781-953-6753 FX: 978-740-9528



Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$18
WASH, CUT & SET	\$18
COLOR	\$25
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS

9:30 AM—10:30 AM

KIOSK FOR LIVING WELL EVERY TUESDAY & THURSDAY

10:00 AM—12:00 PM

MILLION HEARTS NURSE

2ND TUESDAY &
4TH THURSDAY

*(DECEMBER 22ND)

10:00 AM—12:00 PM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

VETERANS COFFEE HOUR

December 1st

1:00 pm - 2:00 pm



PODIATRIST



December 1st & January 5th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Wednesdays



8:00 am - 9:00 am

note time change

*Every Wednesday, 8am - 9am

HEARING CLINIC



January 10th

10:00 am - 11:00 am

Please note that the hearing clinic is now every other month.

MASSAGE THERAPY

1:00 pm - 3:00 pm

Call for appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET

LYNN, MASSACHUSETTS 01901

(781) 599-0110

RETURN SERVICE REQUESTED

NON-PROFIT
U.S. POSTAGE

PAID

LYNN, MA
PERMIT NO. 56